



Autism Support & Information



Websites

Autistic Girls Network | www.autisticgirlsnetwork.org

A charity that raises awareness of autism in women and girls. Their website and Facebook group provide neuroaffirming support and a multitude of resources for all genders

Autism Understood | www.autismunderstood.co.uk

A website about autism, for autistic young people

PDA Society | www.pdasociety.org.uk

Information, training and support on Pathological Demand Avoidance

National Autistic Society | www.autism.org.uk

Useful information and support for autistic people and their families

Social Media

Ellie Middleton | www.weareunmasked.com

Autistic and ADHD creator, writer and consultant

Emily Katy | www.authenticallyemily.uk

Autistic and ADHD writer, creator, blogger and mental health nurse

Chloe Hayden | www.youtube.com/cChloeHaydens

Award winning actress and blogger, autistic ADHDer

Pete Wharmby | www.petewharmby.com

Autistic and ADHD author and creator

Spectrum Gaming | www.youtube.com/c/SpectrumGamingAutism

Videos and other content from the SG young autistic community

Books

Avoiding Anxiety in Autistic Children: A Guide for Autistic Wellbeing | Luke Beardon

An optimistic, upbeat and readable guide that will be essential reading for any parent to an autistic child

Nurturing Your Autistic Young Person | Cathy Wassell

A handbook to support parents with older children or teenagers who are at the identification stage, walking them through the basics

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children | Dr. Ross Greene

If you are the parent of a behaviourally challenging child, this book should help you feel more optimistic about and confident in handling your child's difficulties

The Secret Life of Rose | Jodie Clarke, Rose Smitten et al

Covers a range of topics central to the autistic experience (ages 4-14)

Young, Autistic & Burnt Out | Jodie Clarke

On autistic burnout, written with and for young people (ages 6 - 17)

Making Sense of Your Senses: Sensory Solutions Workbook | Monique Thoosen

An easy-to-use workbook for children who experience sensory issues (ages 7-12)

The Neurodivergent Friendly Workbook of DBT Skills | Sonny Jane Wise

A workbook of neurodivergent friendly Dialectical Behaviour Therapy skills such as sensory strategies and managing meltdowns